

# GREEN EGGS & Ham

Servings: **2**

Prep Time: **5** minutes

Serving Size: **1** cup  
egg mixture and **1** slice  
of bread

Cook Time: **3** minutes

## What You Need

Nonstick cooking spray

2 slices reduced sodium ham  
(deli-style ham)

1 cup frozen spinach, thawed

$\frac{1}{2}$  (4-ounce) can diced, mild or  
medium green chiles

1 egg

1 egg white

2 slices whole wheat bread,  
toasted



## Get Cookin'

1. Lightly spray 2, 1-cup microwave safe bowls with cooking spray. Line each bowl with 1 slice of ham. Set aside.
2. Put thawed spinach in a colander and press the spinach lightly against the side of the colander to remove the water.
3. Carefully open can of chiles and drain liquid. Stir chilies into spinach.
4. In a small bowl, mix egg and egg white with a fork. Pour egg into spinach and chile mixture and stir. Pour mixture evenly between the 2 bowls lined with ham.
5. Microwave on high for 1 minute. Turn bowls. Careful they may be hot! Microwave on high 1 minute more. Turn bowls again. Microwave on high 30 seconds to 1 minute more or until egg is cooked through.
6. Carefully remove cups from microwave using pot holders. Set aside for 2 minutes. Enjoy!

### Tip

To separate the egg white from the yolk, start with a small bowl. Crack the middle of the egg. Carefully separate the two halves of the egg shell. Use the halves of the egg shells as cups. Pour the egg yolk back and forth between the two shells. Let the egg white fall into the bowl. Keep doing this until all the egg white is in the bowl.